

Sagamore West Farmers Market

Volume 2, Issue 3

July 1, 2009

West Side Wednesdays

Market News:

- The Market is open every Wednesday, May through October.
- Sales start at 3:00 and must be concluded by 6:30.
- We have numerous produce vendors, most all-natural, featuring fruits and vegetables grown locally, as well as craft vendors.

About the Staff:

Kathleen Mills: Market Coordinator and Grant Coordinator

Ed Yeoman: Logistics Volunteer

Amy French: Newsletter Volunteer

Chris Campbell: Volunteer

Cheryl Kolb: City Representative

Chandler Poole: City Representative

Sandy Smith: Vendor Representative

Janet Broyles: Treasurer

Rachel Witt, Susan Gerard, Robin Pickett: Go Greener Commission Representatives

Vendor Profile: Nalini Record, Little Italy

Nalini Record has been serving her delicious Italian specialties at the market for awhile. She and her husband Paul had also been running a restaurant by the same name in West Lafayette. They recently shut down that restaurant to focus on a new endeavor, Zeus Gyros, located at the mall. Paul has over 20 years experience cooking Greek and Italian food, and Nalini enjoys her time at the market selling it!

Nalini met her husband in a rather unusual way. She was actually on a date with

another man when she noticed Paul sitting at the bar. She knew she had to meet him, so she made an excuse to cut her date short then went up to the bar.

Nalini really enjoys being out at the farmers markets. She thought the markets would be a great way to expand their business and introduce their food to a larger audience. But in doing so, she discov-

ered that she loves being outside and meeting the market shoppers. She also enjoys serving them great food. So stop by, say hello and try one of her goodies!



Summer Produce

July ushers in bumper crops. Vendors have assured me that **sweet corn** should be available beginning after the 4th of July. We're just beginning to see the first **tomatoes** of the season. Other produce includes:

- Melons
- Broccoli and cauliflower
- Cucumbers and squash
- Fair Oaks cheese
- Local eggs
- Local popcorn
- All natural meats in-

cluding beef, pork, lamb

- Locally produced wines



"I love the local fresh foods and the friendly atmosphere of the market. I like to come early and have time to visit with the many friends I see while I am there. It's as much about the social experience as the opportunity to provide healthy organic food for my family."

— Mary Kay Berndt
Market Shopper

Farmer's Market Recipes: Mary Kay's Tabbouleh

1 1/2 cups uncooked cous-cous
3 cups water
1 t salt

Bring water to boil, add cous-cous, cover and remove from heat.

Add:

3 chopped tomatoes (or cherry tomatoes look pretty for a party)
3 T canola oil
1/4 cup chopped chives (at least, or lots more)
2 T chopped mint (at least, or more)
1/4 cup snipped parsley (or lots more)

Pinch of garlic powder
Pepper to taste
Juice of 2 lemons

I actually squeeze my lemons to death and use a knife to get lots of lemon chunks to go in there. It takes forever but it is so yummy! Its why mine is so much yummiier than the person who gave me the recipe's batch.

The final product is super good when its still hot and even better later when its cold. I always eat it both ways.



NICHES: A Market Partner

You may have noticed several programs we have had recently: Ponds and Amphibians and Indiana Native Plants among them. These programs were done by one of the markets newer partners: NICHES Land Trust.

"NICHES" stands for "Northern Indiana Citizens Helping Ecosystems Survive." It was formed in 1995 by a diverse group of concerned

people acting to protect natural spaces in the face of increasing threat. It recognizes that a strong economy and a continued high quality of life in our area of Indiana is ultimately dependent upon and related to the state of our environment.

NICHES is non-adversarial. It works cooperatively with land owners, other nonprofit organizations and government agencies, actively seeking to

protect a broad array of natural areas ranging from small green spaces to pristine nature preserves of high biological integrity. NICHES serves Benton, Carroll, Cass, Clinton, Fountain, Howard, Jasper, Montgomery, Pulaski, Newton, Tippecanoe, Warren, and White Counties. It is a member of [The Land Trust Alliance](#), the national organization of land trusts.



Staying "Lean and Green"

June brought some better market weather. After the wet, cold spring, warm days are bringing many plants to harvest. Because of the cold wet weather, we still have a few canvas market bags to distribute.

The Market is working on being green. One of the things we've done is replace the plastic forks and tasting cups

we used in the past with vegetable starch based serving ware. These are compostable!

We are hosting some special events this month, including:

July 1: Wine tasting with Whyte Horse Winery and calligraphy demo.

July 8: Good News Now and

Delta Sigma Kappa will be at the market.

June 15: Grilling demo and Bloodmobile.

July 22: Wabash River Runners Club 5k at 6:30

July 29: Tricounty TNR (trap, neuter, release) will be on hand.

